

My House of Control

1

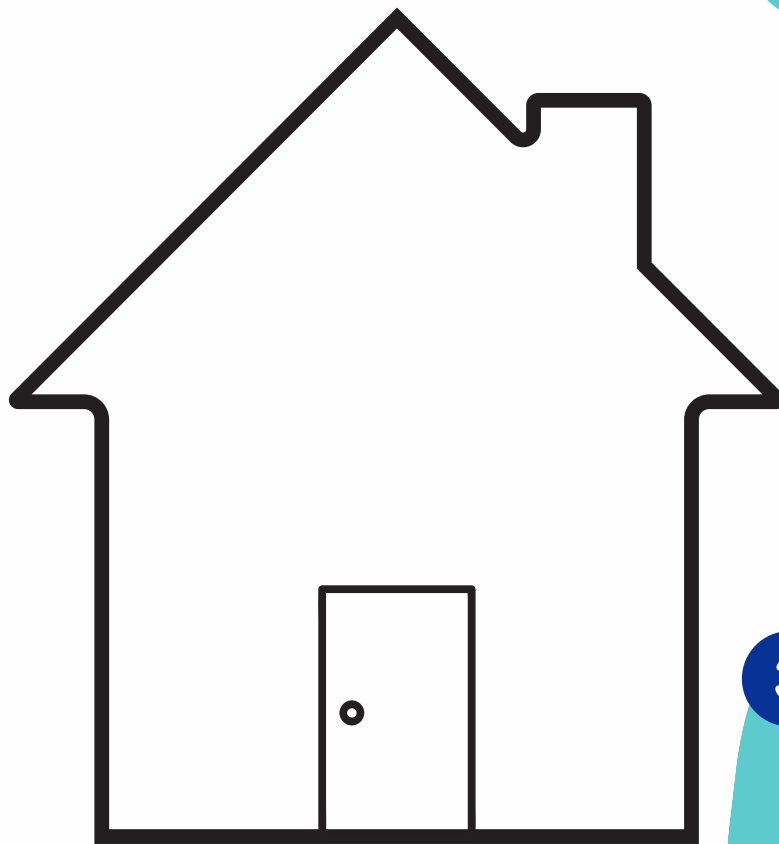
INSIDE OF YOUR HOUSE:

Write down everything you can control – your actions, choices, and feelings.

2

OUTSIDE OF YOUR HOUSE:

List everything you can't control – other people's actions, opinions, unexpected events, and the unknown.



3

REFLECTION:

What do you notice?

How do you feel seeing what's inside and outside of your house?

TIP:

Come back to this worksheet whenever you feel worry about the past, the future, or things beyond your control. Shift your focus to the present moment and prioritise the actions you can take now! 😊

